

Nutrition



CHOOSING FOOD WISELY, SAFELY MANAGING YOUR WEIGHT

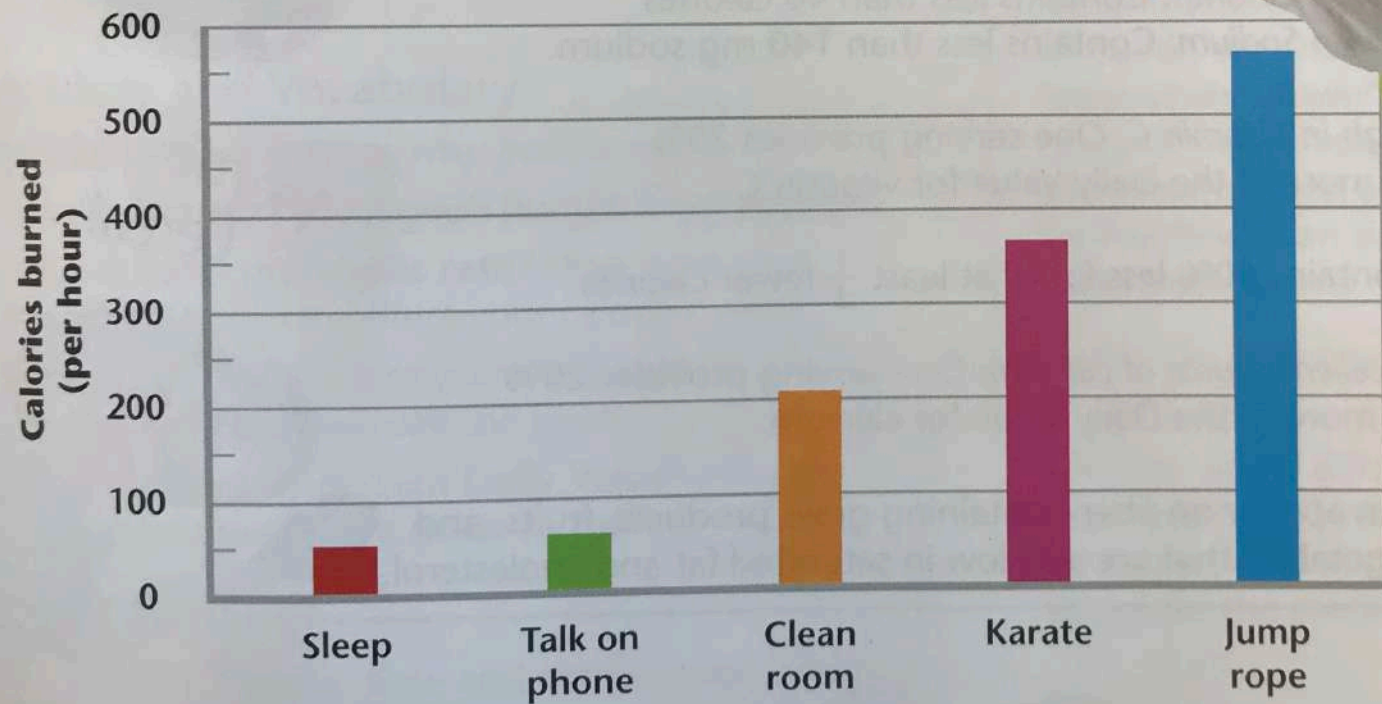
Why you Eat

- Reasons for eating:
 - To meet your nutritional needs
 - To satisfy your appetite
 - To supply your body with energy
- **Hunger**- feeling of physical discomfort that is caused by your body's need for nutrients, inborn response
- **Appetite**- desire for food that is based on emotions and other factors rather than nutritional need, learned response
 - Eat because smell, causes eating when not hungry

Basal Metabolic Rate(BMR)

- The rate at which you use energy when your body is at rest
- Affects your caloric needs
- Higher BRM=more calories burned
- Factors- age(young=higher), muscle mass(more=higher), activity level(high=higher)

Calories Burned During Various Activities



The Foods You Choose

- Personal preferences- what you like, what tastes good to you
- Cultural background- what we are accustomed to
- Time and convenience- busy schedule
- Friends- influence new foods
- Media- ads, commercials



Evaluating Food Choices

- Important to read and evaluate food labels.
- Food labels- FDA requires manufacturers to include food label on most prepared foods.
 - Must list specific nutrition facts including calorie and nutrient content, ingredients
 - Usually printed on back or side of package
- Nutrients and health claims- standards set by FDA that can be printed on package

Nutrient and Health Claims

What It Says

What It Means

...Free

Fat Free: Contains less than 0.5 g fat
Sugar Free: Contains less than 0.5 g sugars

Low in...

Low in Calories: Contains less than 40 calories
Low in Sodium: Contains less than 140 mg sodium

High in...

High in Vitamin C: One serving provides 20% or more of the Daily Value for vitamin C.

Light

Contains 50% less fat or at least $\frac{1}{3}$ fewer calories

Excellent source of...

Excellent source of calcium: One serving provides 20% or more of the Daily Value for calcium.

May reduce your risk of heart disease

Can appear on fiber-containing grain products, fruits, and vegetables that are also low in saturated fat and cholesterol.



Evaluating Food Choices(cont.)

- **Daily values**- recommendations that specify the amount of certain nutrients that the average person should obtain daily.
- General guideline based on 2,000 caloric intake
 - Factors are age, sex, heredity, activity level
 - List on food label
- **Open dates**- how long the food will be fresh and safe to eat
 - **Sell-by**- last date can be sold, can still use product after date
 - **Best-if-used-by**- how long product is at peak quality
 - **Do-not-use-after**- expiration date, last to consume



Safely Managing Your Weight

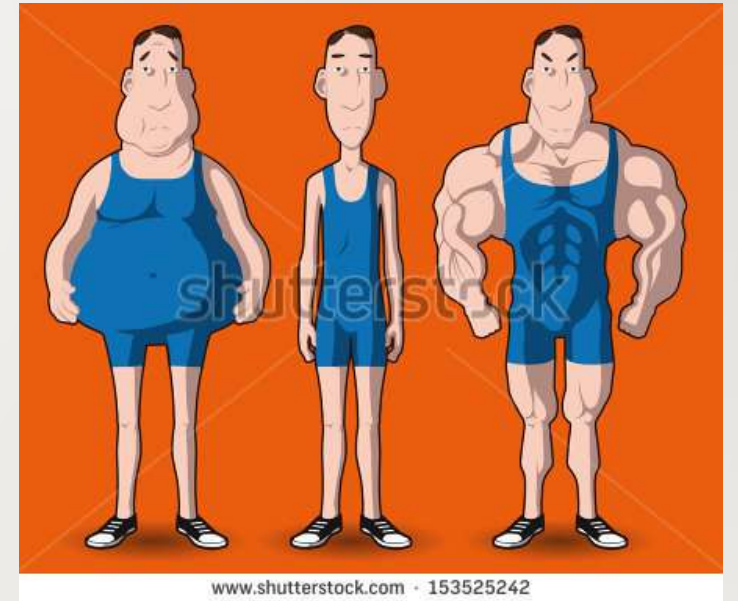
- In 1965, 4.6% of teens were overweight.
- 1980, 5.0% of teens were overweight.
- Today, 18.4% of teens are overweight.
- What factors do you think have caused this?

What Weight is Right For You?

- Weight is determined by various factors, including heredity, activity levels, and body composition.
- The right weight for you=no health risks.
- Heredity- natural tendency towards a certain weight
- Activity level- more active=more calories burned
 - Maintaining weight requires consuming the same amount of calories as burned.
 - One pound of body weight=3,500 calories

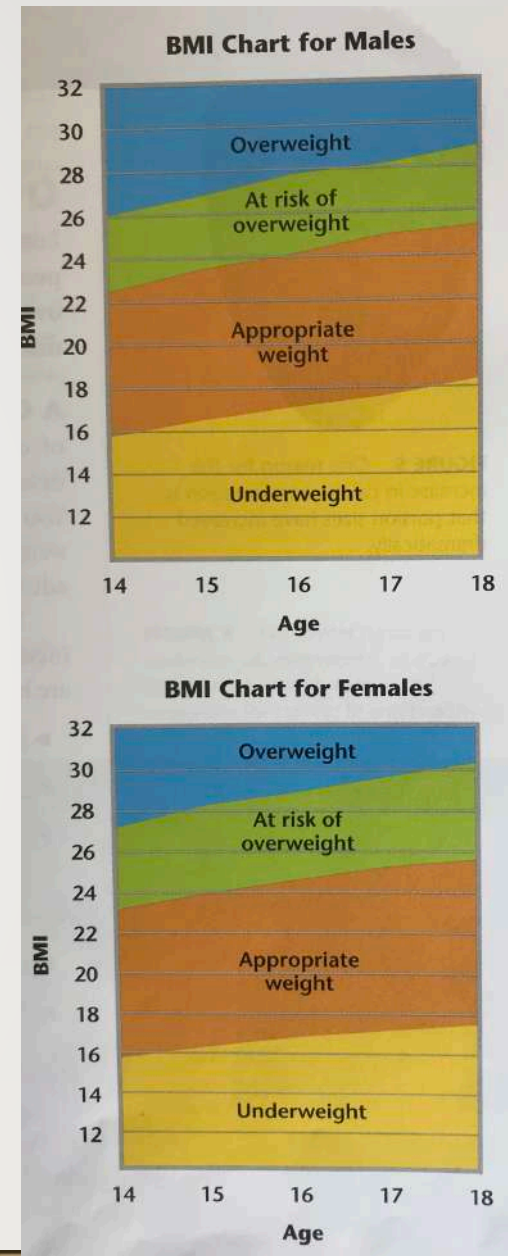
What Weight is Right For You?

- **Body composition**- measure of how much body fat you have compared to muscle and bone.
 - Muscle weighs more than fat.
 - Weight can increase with building muscle.
 - Affected by sex and age.
 - Women have more body fat, men have more muscle mass.
 - Body fat increases with age, muscle mass decreases.



Body Mass Index(BMI)

- Ratio of your weight to your height
- Find your BMI.
 - 1. Multiply height(in inches) by height(in inches).
 - 2. Divide your weight(in pounds) by your number from Step 1.
 - 3. Multiply the number from Step 2 by 703.



According to this BMI chart... I am too short.



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Overweight and Obesity

- Overweight- a person who is heavier than the standard for the person's height.
- Obesity- having a BMI 30 or higher.
- Overweight people increasing because calorie consumption has increased while calorie use has decreased.
- More calories consumed because stores offer more options, more meals eaten outside of home, portion size has increased.
- Less calories burned because less active, rely on technology.
- Health issues- high blood pressure, high cholesterol, type 2 diabetes, heart disease, stroke
- Healthy diet and regular exercise are key to prevention!

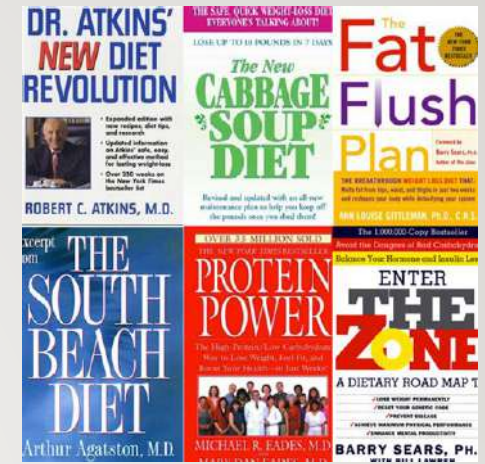
Underweight

- Underweight- person who is lighter than the standard for their height.
- Teens usually thinner as they grow taller.
- Excessive underweight can cause anemia, heart irregularities, trouble regulating body temperature.
- Weight comes with maturity.



Healthy Weight Management

- No magical method.
- Avoid dangerous diet plans, choose nutritionally balanced meals and snacks, and getting regular exercise.
- **Fad diet**- popular diet that may help a person lose or gain weight, but without proper regard for nutrition and other health issues.
- **Diet aids**- pills and candies that are supposed to suppress appetite. Can be habit-forming with negative side effects.
- **Fasting**- refrain from eating. Body breaks down muscle tissue for nutrients. Can stunt growth, strain kidneys, cause hair loss.



Healthy Weight Management(cont.)

- Sensible weight loss
 - Recognize eating patterns- keep a diary
 - Plan helpful strategies- change habits gradually
 - Exercise- helps boost BMR
- Sensible weight gain
 - Avoid snacks before meals
 - Choose nutrient-dense, high calorie snacks
 - Don't skip meals
 - Continue to exercise

Activity

- Create a diet plan.
- Include:
 - Name of diet
 - What the diet consists of
 - How the diet works
 - Why people should try your diet
 - Picture of before/after when using your diet